



## Margaret Tucker, Psychotherapist and Energy Worker

by David Stang

As Margaret Tucker sees it, we are all functioning as transducers of Divine energy. She remembers a conference some years ago on the study of consciousness in which she was leading a workshop. A colleague was attending another workshop in a nearby room. "He reported that at a certain time the chandeliers began rattling and the walls were moving and the sound, as he put it, 'was like an army stomping through the room, a loud thumping and booming,'" she recalls. "The light changed and he thought, 'Dang, I wonder what Margaret is doing in there.' So he checked the time. He was curious so he purchased the CD of the workshop. He heard, at the precise time during which the 'earthquake' occurred, that we were sitting in silence in the next room. At that time we had been practicing techniques to achieve and to transduce and to broadcast clear, pure love. I was teaching the others how to hold the energetic grid in the world. Now if 30 people sitting in a room can produce such energetic love, can you imagine what will happen in the world if only one-eighth of the people practice daily broadcasting of love to hold the grid? One quarter of the people? Miracles happen."

A resident of Chicago, Margaret, 69, is a psychotherapist licensed by the State of Illinois. She initially served for several years as an art and movement therapist. In 1974, she was awarded a Master of Fine Arts degree in Art Therapy from Dominican University. She chose art therapy because it, like movement therapy and Yoga, relates to the 95 percent of human consciousness not associated with verbal symbols and analytical skills. She explains that, in fact, only one very small subsystem within our consciousness is associated with verbal, symbolic and analytical skills.

In 1992, she was awarded a second master's degree in a joint graduate study education program sponsored by the School of the Art Institute of Chicago and Rush Medical University. Her studies were aligned with neurophysiological research and during her schooling she passed the same tests

that were given to graduate students awarded a master's degree in clinical psychology. While most of her work as a senior psychotherapist involves the treatment of complex trauma she also treats neurological and physical disorders such as multiple sclerosis, reflex sympathetic dystrophy, seizure, epilepsy and pain. Some of her work involved treating indigent severely psychotic patients with whose condition was often associated with excessive alcohol or drug usage. For the past 28 years, Margaret has maintained a private practice in psychotherapy in addition to her other work in hospitals where she taught staff and interns mindfulness techniques, group therapy protocol and integrative therapy to facilitate whole healing. As a long-term part of her whole healing approach she has integrated use of yoga, expressive movement therapy and mindfulness training into her psychotherapeutic regimen.



Tucker

In 2015, she was honored by being elected chairman of Council Grove, invitational international week-long retreat on consciousness. At multiple conferences in the US and internationally Margaret has presented neurophysiological research which demonstrates that the entire human being is a system of consciousness. In 2006, Margaret wrote an article entitled "Pleni-Dimensional Psychotherapy: A Whole View of Healing," which was published by the International Society for the Study of Subtle Energies and Energy Medicine, of which she has been a longtime member. In that article she reported that once when she was training another therapist in breath work, focusing, and grounding in a locked ward with a group of people who had been diagnosed as psychotic, she could see that the energy bodies of these patients were outside their physical bodies in various ways and connected very tenuously to their physical beings. During that training period the other therapist reported that she had observed Margaret's psychotic patients become "reality-based." In that same article Margaret tells us that she chose to work in main-stream psychiatric settings and to teach ways in which ancient healing arts and modern medicine

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## Hypnopomp and Circumstance

Life-long familiarity with the astonishing phenomena of sleep, with the trooping phantoms inhabiting the dusk realms of slumber, has so dulled wonder at the mystery of our double existence of the dark, that night after night, with calm incuriousness we open the door into that ghostly under-world, and hold insane revels with fantastic spectres, weep burning tears for empty griefs, babble with foolish laughter at witless jests, stain our souls with useless crime, or fly with freezing blood from the grasp of an unnamed dread ; and, with the morning, saunter serenely back from these wild adventures into the warm precincts of the cheerful day, unmoved, unstartled, and forgetting.

— Elizabeth Bisland,  
North American Review, June 1896

Sometimes, though, the outlandish experiences of sleep partially bleed through into woken consciousness and challenge the acceptance we usually accord them. Such events fall into two main categories: hypnagogic hallucinations, which occur as a person enters the suburbs of sleep; and hypnopompic hallucinations, between sleep and wakefulness.

*Morning, and sleep gradually loosened its grip on my mind. I opened my eyes and turned to the right in anticipation of getting out of bed. To my shock, the figure of a woman — somehow I knew it was a woman — stood there. She wore a white knit sheath that covered her entirely, even her head.*

I'd read about hypnopompic and hypnagogic hallucinations, but in the moment, no such explanation registered. "She," despite her bizarre appearance, was too tangible. Then she was gone, but still caught up in the illusion, I actually arose intending to look for her in the hallway outside. In seconds I realized the fanciful nature of what I had seen, but it left me a little shaken.

Recently, when waking I sometimes "saw" people and objects that weren't there. First it was two tall men at the foot of the bed. On another morning, someone was to my left. Then came a real lulu: three feathers drifted out of the ether and landed next to my head. In every case, my instant half-awakened reaction was that the phenomena were physically present. When I saw the feathers I had the ridiculous (in retrospect) idea that a pigeon had gotten into the room.

Trying to understand why these unprecedented visions had begun to occur, I eventually hypothesized that they were by-products of an experiment I was

conducting on myself. Finding it increasingly hard to remember names of people and things, I had started taking certain supplements, including centrophoxine



and citicoline, that are said to improve memory. (They did improve my memory ... of my dreams, but not noticeably of waking life.) It seems likely that whatever mental stimulation they provided triggered the hallucinations.

But for many, sleep hallucinations occur spontaneously. A 1996 study published in *The British Journal of Psychiatry* reported that, in a sample of almost 5,000 people, 37 percent reported hypnagogic experiences and 12.5 percent reported hypnopompic (a term coined, incidentally, by Frederic Myers) experiences.

In my own case, I was surprised by the realistic quality of the people and feathers I thought I saw. They weren't transparent, vague, or "ghostly." Nor did I feel like I was in a dream. We know from the practice of hypnosis that the mind can be induced to perceive imaginary objects as objectively "there." A subject given a hypnotic suggestion, even after being awakened and returned to normal consciousness, may be absolutely convinced of the existence of a piece of pretend furniture he was told was in the room and even carefully walk around it.

These seemingly veridical perceptions may have implications for understanding paranormal phenomena. Many investigators of the psychic world distinguish between hauntings and actual spirit manifestations. The dividing line isn't always clear, but in general hauntings seem to involve mindless, repetitious actions by an apparition — the classic "lady on the staircase" who has no interaction with the viewer. The various explanations involve some kind of imprint on the physical environment or presence of an "astral shell," rather than a true consciousness. These appearances contrast with suggestions that there exist disembodied agents such as are found in the best examples of mediumship, or even poltergeists.

Perhaps it would be worthwhile for anyone interested in psychical research to have a hallucination every now and then, to aid in discernment.



## President's Message: Overcoming Worldwide Stress

We, as individuals, a country and even a world, are experiencing some of the most stressful times in the whole of our history. Everyone that I know and have spoken to over the past year or more has commented on how the world seems to have gone crazy, and I am not just talking about the political situation in the United States. Yes, American politics seems to have devolved into hatred, suspicion and distrust of one group for another, throughout all of the country, and that comes from all sides of the American political spectrum. I've lost good friends because I do not vocally and loudly enough agree with their point-of-view even though I have never expressed to them what my political preferences are. I have none, I am a true independent. I tend to be political only to the point that I tend to vote for whomever I think is the best. I can point out the logical problems with various arguments and the mistakes of all political points-of-view. But everyone wants me to take his or her side of the argument and hates me if I don't.



But I am really talking about something far more fundamental and insidious than just local and even our national politics and policies. Something that directly affects our individual consciousness and the advancement of spirituality and consciousness for the whole of humankind: *an overwhelming mental stress*. The stress that we are experiencing and perpetuating, thus causing it to grow beyond all logical proportions, goes far beyond this simple political tip of the iceberg. It is not even the stress caused by the constant bombardment of opinions about climate warming, climate change and political correctness, which are intimately tied together. The stress is also geopolitical and carries over into the financial and cultural sectors of human existence. It is more than China trying to dominate the world through its roads and structural enhancements program and financial adventures in nearly every country in the world. Iran is constantly rattling its sabre as is North Korea; Russia is deeply involved in the Ukraine and all of its neighboring countries; ISIS and Al Qaeda refuse to die away; Syria, Lebanon, Iraq, Libya and other countries are causing international problems beyond their borders;

Venezuela is disintegrating; and terrorist attacks are occurring all over the world. The stress is clearly international. Yet, these all pale to the stress caused by our deep-rooted subconscious knowledge and suspicions, whether right or wrong, and nearly all people do not know the whole truth, of what may or will happen in the immediate future.

All of these things and many more are creating worldwide and humanity wide mental stresses even while science and human knowledge are growing at a faster pace than ever before. Scientists insist that we are on the verge of discovering alien life and the US Navy admits chasing UFOs for the very first time. All of these things and many more are increasing mental stress levels higher and higher than ever before all around the world and this is exasperating the hatred levels that different groups have for each other. People need to put themselves above all of this, chill out, count to ten, take a deep breath and possibly take Tai Chi, yoga or mindfulness lessons, and learn to live with and overcome the real day-to-day stresses that we all have and recognize the fake stresses in our lives, because these are all part of the chaos before the next evolutionary leap in consciousness that we, as humans, are facing.

What everyone must realize is that hate, a person's hate, no matter what form it takes, who or what is hated, is antithetical and detrimental to and directly opposes increasing a person's individual level consciousness. Higher consciousness and spirituality are otherworldly mental pursuits based on the intimate and almost unexplainable unbroken continuity and connections between all of us, while hatred of any type or form focuses within us the very worst of this-worldliness that can destroy the connections between us. I strongly believe, as should all of you, that hate, and especially politically motivated hatred, hurts the person who holds that hatred in their heart and mind rather than the person or people toward which the hatred is directed. So, hatred in any form is a person's worst enemy and, more to the point, the worst enemy of increasing every person's higher consciousness and spirituality. That is why the Buddha taught compassion and Jesus and other religious founders and leaders have taught us to love, above all else. Love and compassion support raising our levels of spirituality and higher consciousness, while they encourage the cognition and emergence of one's higher or true self and are their own rewards.

– James E. Beichler, Ph.D.



## Searchlight Media Watch



by Tom and Lisa Butler, NST

**Movement Medicine:** Talking with a therapist can help us to heal, but a growing community of psychotherapists believes that the key to lasting change lies not in retreating inside our heads, but in getting back in touch with our bodies. They say that “Our painful experiences don’t just exist as pictures in a mental scrapbook: Trauma can leave physical imprints in the memory of our cells. By harnessing movement, breath and bodywork, advocates of body-based therapies believe it’s possible to resolve the deepest layers of rage, terror and shame that talking alone cannot access.” Mounting evidence from neuroscience suggests they may be right. Among the most vocal champions of the new approach is the world-renowned trauma psychiatrist Bessel van der Kolk, who cited various neuro-imaging studies in his 2014 best-seller, *The Body Keeps The Score: Brain, Mind and Body in the Healing of Trauma*.



Movement Medicine has spread throughout Europe, to North and South America, Japan, Israel and several countries in Africa. Schools, hospitals, prisons and other institutions are experimenting with it, and a new online Movement Tribe project will allow people to try ecstatic dance in their homes. Participants report powerful shifts—from increased vitality to new clarity around challenges dogging their families, relationships or careers. Nevertheless, experts caution that anyone who may have experienced significant trauma should always consult a trained clinician.

From: Green, Matthew. “Suffered a Trauma? This Shaman Says You Should Make a Move.” OZY. 2019. [ozymag.com/rising-stars/suffered-a-trauma-this-shaman-says-you-should-make-a-move/91091](https://www.ozymag.com/rising-stars/suffered-a-trauma-this-shaman-says-you-should-make-a-move/91091)

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**Shared Crossings Project:** “We teach people how to create the conditions for a conscious, connected and loving end-of-life experience that honors the desire and preferences of the person dying,” says William Peters, the executive director of the Shared Crossings Project. “Our programs raise awareness and educate about the profound and healing experiences that are available to the dying

and their loved ones at the end of the human life.”

Besides the extensive training programs, William also leads the Shared Crossing Research Institute, a nonprofit collaboration with the Family Therapy Institute of Santa Barbara that studies shared-death experiences. That can be a profound experience whereby a loved one, caregiver, or even bystander, shares in a dying person’s initial transition from this world into the afterlife. Shared Crossings is one of the only research institutes studying extraordinary end-of-life experiences. Peters presented his findings in March to more than 4,000 medical practitioners at the American Academy of Hospice and Palliative Medicine Annual Conference.

From: Durling, Roger. “The S.B. Questionnaire: William Peters.” Santa Barbara Independent. 2019. [independent.com/news/2019/feb/25/sb-questionnaire-william-peters/](https://www.independent.com/news/2019/feb/25/sb-questionnaire-william-peters/)

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**The Dreams of the Dying:** Death is one of the mysteries of life. But the dreams of patients at Hospice Buffalo in New York State are revealing something incredible about the process of dying. Dr. Christopher Kerr and his team have been documenting the dreams and visions of dying patients for years. They have found that the dreams of their patients are comforting and help dying seems less frightening. They have also found that when our time is close, we often see the people we miss the most.

Dr. Kerr didn’t start out believing. He was going to give a patient IV fluids when a nurse stopped him and told him the patient was dying. He asked why she was saying that? She told him “Well, he’s seeing his deceased mother,” and he thought “Yeah, right.” Dr. Kerr was skeptical but explains that he was proven wrong over and over. “Everybody but me was able to prognosticate death in part based on what people were seeing or experiencing. Instead of having this fear of death,” said Dr. Kerr. “It almost transcends the fear of death to something bigger.” In ten years, he and his team have documented 14,000 cases. Eighty percent of



his patients report dreams or visions. The dreams happen more often as death gets closer, and there are common themes, like upcoming travel.

From: Highfield, David. "Who You See Before You Die: Hospice Documenting Patients' Mysterious Dream Experiences." 2 CBS Pittsburgh. 2019. [pittsburgh.cbslocal.com/2019/02/25/hospice-buffalo-death-dreams-study/](http://pittsburgh.cbslocal.com/2019/02/25/hospice-buffalo-death-dreams-study/)  
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**One with Everything:** A woman named Lauren has recently shared her near-death experience (NDE) on the Near-Death Experience Research Foundation website, [nderf.org/index.htm](http://nderf.org/index.htm). She says she felt "More consciousness and alertness than normal. I felt completely one with everything and completely awake. I was mindful of every leaf falling, every footstep and every visual sensation as though I'd gone from black and white into a technicolor world. Since that experience, I've learned that my experience is how many people describe moments of enlightenment."

From: Narayanan, Nirmal. "Afterlife proof or visual hallucinations? Woman claims to have seen magical woods during NDE." International Business Times. 2018. [ibtimes.co.in/afterlife-proof-visual-hallucinations-woman-claims-have-seen-magical-woods-during-nde-785686](http://ibtimes.co.in/afterlife-proof-visual-hallucinations-woman-claims-have-seen-magical-woods-during-nde-785686)  
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**ASPSI 2019 Conference:** The Academy for Spiritual and Consciousness Studies present the (2019) PSI CON: Aspects of Consciousness. The conference objective is to contribute to the understanding of spirituality. It will include speakers, panel presentations and workshops focused on such subjects as mediumship, psychic phenomena, healing intention and survival.

The conference is October 3-6 in Raleigh, NC. Final details are being arranged, including selection of speakers. Contact Tyler Stevens at [Tyler@ascsi.org](mailto:Tyler@ascsi.org) if you are interested in presenting. More details are on the new ASCS website at [ascsi.org/psi-con/](http://ascsi.org/psi-con/)  
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Belief in Life After Death is highest in the Philippines. According to a 2018 Religion Module of the International Social Survey Program, here are the national proportions saying they either definitely believe or probably believe in life after death: Philippines 83; Ireland 79; Chile 79; United States 78; Cyprus 77; Poland 71; Italy 69; Israel 66; New Zealand 62; United Kingdom 61; Slovak Republic 61; Japan 59; Austria 58; Netherlands 54; Australia 53; Spain 48; Switzerland 48; Norway 47; Portugal 47; Slovenia 46; Russia 44; Latvia 44; France 44; Sweden 43; Germany 40; Denmark 38; Hungary 37; and Czech Republic 27. (Note the non-Christian countries Israel and Japan.)

From: Mangahas, Mahar. "Intense Filipino belief in the afterlife." Inquirer.Net. 2018. [opinion.inquirer.net/117201/intense-filipino-belief-in-the-afterlife](http://opinion.inquirer.net/117201/intense-filipino-belief-in-the-afterlife).  
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**Our Animal Friends:** The traditional Western scientific view that animals are little more than unthinking, unfeeling biological machines, sharply distinguished from humans is being gradually overturned. A conference of neuroscientists at the University of Cambridge, UK, produced "The Cambridge Declaration on Consciousness" in July of 2012. It basically states that animals and humans are conscious and aware to the same degree as one another. We look forward to future research along this line. Read the full declaration at [fcmconference.org/img/CambridgeDeclarationOnConsciousness.pdf](http://fcmconference.org/img/CambridgeDeclarationOnConsciousness.pdf)  
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**Default to Awareness:** Here's a great idea. When your waiting or have a spare moment don't default to your phone, Facebook, or Twitter—default to awareness.

When you find yourself having to wait for something, rather than grow increasingly frustrated, default to awareness. There you are, standing in line. First notice the irritation, if it's there. Really sense in your body what the aversion feels like. Then remind yourself there are other ways with which to respond than frustration. Next, let your attention come to rest on your feet. Feel the weight of your body on the ground. Notice any obvious body sensations; take a few breaths. You can shift your weight between your two feet and notice, the changing sensations. Perhaps you can shift from aversion into the present moment. Waiting is truly one of the best opportunities to practice mindfulness. So, when you're waiting, default to awareness, and see what happens.



From: Winston, Diana. "The Little Book of Being: Practices and Guidance for Uncovering Your Natural Awareness"  
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**Peace:** Nearly 80 percent of people who participated in a near-death experience study by University of Liege report feeling peacefulness. One Reddit user shared the experience. "It was peaceful. No lights, no pearly gates, no angels, just peace. I was in a horrible car wreck and I had a blood clot go through my heart and I died for a bit." The user expressed frustration when brought back to life and wrote, "There's nothing but peace and comfort on the other side."

From: Ragusa, "People Who Died and Came Back to Life Describe What Happened On the 'Other Side'." Health and Fitness Cheat sheet. 2018. [gina.cheatsheet.com/health-fitness/people-who-died-and-came-back-to-life-describe-what-happened-on-the-other-side.html/?a=viewall](http://gina.cheatsheet.com/health-fitness/people-who-died-and-came-back-to-life-describe-what-happened-on-the-other-side.html/?a=viewall).



## INTERVIEW

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can be combined, and had learned much from an ability to *see* energy. When she sees energy, the person appears as a sphere of thousands of moving, changing, twinkling lights in different configurations. Margaret reported that she does not always see energies and that such seeing is not a prerequisite for effective treatment as it is usually enough to use clinical observations, empathy, intuition together with clear intention and dedication to the highest good.

To understand Margaret Tucker's *weltanschauung* it is necessary to first comprehend her belief system which is predicated upon the existence of two universal propositions pertaining to: (1) The ultimate consciousness of the One, and (2) The nature of the human system. Accordingly, we begin this interview with an exploration of Margaret's belief system.

***Margaret, your belief system is predicated upon the existence of two universal propositions. The first is what you call ultimate consciousness or the One, is it not?***

By that I mean the ultimate source energy, The One sometimes called God, the original, creative force. That which came before all creation, created all, knows all, is present everywhere and remains after everything ends. This describes the all-encompassing original energy. This has been documented for 6,000 years. Pythagoras taught this and used this in healing. Everything is vibration. He showed that the vectors connecting all notes joined into one note just outside of the graph. Ultimately, we exist energetically within the ultimate vibration. Scientists are close to proving this with the proof of the Higgs boson and the Higgs field. You recall that the Higgs boson is a subatomic particle whose existence is predicted by the theory which unified the weak and electromagnetic interactions. The boson creates the hologram giving the illusion of material form. Let us illustrate this in a simple exercise. Extend your arms and point your index fingers. Between these fingers imagine a person walking. Then a car passing. Next a jet flying. Now imagine beyond the speed of light. Yes, the two points become one. This is the basis for non-locality, for remote viewing, for psychic phenomena including past and future viewing. Everything that has ever happened or that will ever happen is happening right now. It is just a matter of vibration. And this is present here with us. You are sitting in the energy matrix, absolute consciousness and The One. Your intention, your chosen acts, your choice to broadcast energy ultimately affects the entire world. We are not separate from God, who is always present. We ourselves make the disconnections and separateness.

***And what is your comprehension of the second***

***universal proposition?***

The second universal is the human system. We begin with the pure essential system. What we call "the self" is a constructed-self comprised of layers of learned patterns, beliefs, social programs. We learn by inhibition which process shuts down vast possibilities within human consciousness. For example, language is learned by inhibiting sounds and by reinforcing other sounds. The human has 1.1-trillion nerve cells each containing neurons. The permutations of associations of neurons firing or not firing in patterns is estimated to be about 10 to the millionth power, or 1 with a million zeroes after it. There are more possibilities within your unique being than there are stars in the galaxy. The human system contains an expansiveness of consciousness that is limitless. In order to access this, deconstructions of limiting patterns, beliefs, social programs and defense systems is needed. To achieve this awareness, reconnecting into the essential self is fundamental. And remember, the one system does not contain words. Words are contained in the limited analytical sub-system.

The above information is based upon vast neurophysiological research and of course quantum physics. How to reconnect? Cognitive knowledge and analysis cannot work. The answer lies in the experience of the practice. Christ said, "In order to enter the kingdom you must become again as a little child." I do not think that he was suggesting that we dribble oatmeal from our mouths. He was referring to reconnecting again to the essential self, which is found beneath the patterns and constructions of the self-constructed self. It is the essential self which regulates all functions and which adapts to the ever-changing self and reality. It is the essential self which remains energetically connected to the absolute energy. The self-constructed self and all its commentary block the essential self from functioning.

***Can you explain how what you call the self-constructed self breaks down from what you call the essential self, meaning in this context the God-given purity of mind state at birth?***

In my experience, over several decades, I came to ascertain that when a baby is born it enters life with "whole-brained dominance." But in the course of their upbringing children lose that faculty by becoming deconstructed. In some cases under horrific upbringing environments they become totally dysfunctional and quite mentally disturbed. I understand that there are many ways in which such disruptive deconstructions can occur that disconnect us from the natural and harmonious energetic mind state we are born with. Such disruptions take our lives out of balance and into emotional distress. Healing involves reintegrating the deconstructed self and rebooting it into its original whole brained awareness.

Thus, each of us can become a “clear transducer” in order to resolve internal conflicts, heal physical and emotional distress, and remove blocks in awareness so we can resonate with the universal energy, thus making any action loving and healing.

***How were you taught as a child to work in the tradition of “invisible service” by learning how to resonate with the universal energy and as a consequence become able to make any action loving and healing?***

Invisible service involves using one’s energy and talents in service for the well-being of all and to achieve this without drawing attention to one’s work; that is without taking subjective ownership of “ego” self-identity. My father told me when I was a child, that the true aristocrats are the servants of the people and the guardians of the planet. There are millions of people dedicated to the well-being of all creation who will never be known publicly. They use talents given to them to teach, to facilitate healing and to create well-being for all. I must mention intention because this is crucial. Intention is not a cognitive idea. It originates in the essential energy/emotional system and so is visceral and it is coupled with commitment. Subjective intention arises from the individual’s desires, wishes, needs and judgments. Pure intention arises from the essential energy/emotional system and is based on the individual’s desire to serve completely without subjectivity. In this context I became a trained clinical observer. Most importantly, I hold the loving, safe space in which this can happen. I have worked with prisoners of concentration camps, Auschwitz and Hiroshima. I have worked with soldiers. I’ve worked with those who have been abused. I do this with love and compassion for all as we are all connected with The One, Source, God.

***It would appear that in order for you to comprehend your two primary universal realities you must have been born with some special gifts. Is that correct?***

All humans are born with “gifts,” the expansive system of energetic consciousness which is our most essential system. At birth the physical system is open and not yet programed. This is patterned by the child who must adapt to and survive in the environment into which he or she has been born. Significant clinical research shows that toddlers have compassion and love and connectedness with each other. Prejudice, separateness, duality, the idea of self vs. other are learned later. So I was born – as all humans are born – with open, pure energetic consciousness ultimately connected to the Absolute energetic consciousness, Oneness, sometimes called God. I am grateful to my family for the lessons taught because “gifts” are found in the lessons they taught me. As an infant I was quite sensitive and could see Light Beings. I am so grateful that when I was a toddler my family began

teaching me how to develop my consciousness. They recognized my gifts and encouraged me to develop them. Within the families of both of my parents, the importance of education has been stressed over many generations. My grandfather Tucker, an Episcopalian priest, taught me universal life practices of The Way in which there is no judgment, criticism or subjective bias. Also, as a teenager I worked as a volunteer with neglected children using art, music and dance where I learned that a loving energetic presence heals trauma.

***Is this essential energy/emotional system you described something that became particularly obvious to you while studying clinical psychology?***

Not at all. While studying clinical psychology I became a trained clinical observer and teacher of verbal skills. At the heart of the essential energy/emotional system is the notion of pure intention and related practices. These elements are universal and are contained in many documents during the past 3,000 years. So they are ancient ideas. Lao Tzu, Buddha, Christ, Pythagoras, Socrates and many others taught them. They are found in manuscripts of ancient traditions: Vedic, Hebraic, Celtic, Greek, the Cherokee tribe as well as in other traditions. These Light-seeking practices have been incorporated into The Masonic Rites. These processes are not complicated to learn, but acquiring the discipline of practicing them takes quite a bit of time. All of these systems have involved energy work and becoming an energy transducer. This kind of energy work helps us become more aware of the energy flow between the material and subtle realms and it fuels our transformation.

***Has your lifelong practice of meditation been of value to you in your work as a transducer of energy?***

It has. To practice meditation efficiently a person first practices Grounded in the Being, which is the ability to sustain connection with the whole essential system, ability to receive energetic information from whole other-than-verbal consciousness. During this process the distraction of the verbal sub-system ceases. The translation of the life practices of the ancient Way is “awake and aware” and “in and of the light/energy.” Active meditation involves a focal experience of all activities, such as walking and eating. This is sometimes now called “mindfulness.” During deep meditation, the entire focus is inward and all else drops away. Consciousness is expansive. Grounding is mandatory to prevent a reality break and confusion. In essence, meditative practices heighten one’s sensitivity to the whole essential system. The practice of meditation also creates an openness and receptivity within your consciousness which enables your whole brained self to become aware of this reality and become an active participant in it. In short, it is necessary to practice grounding and meditation in order to acquire the awareness and ability to know oneself at the deepest levels.

## The Teachings of the Emperor Group

When William Stainton Moses (1839 - 1892) heard of Lord Adare's 1870 book about the medium D. D. Home, he called it the "dreariest twaddle." Like many other clergymen of the Church of England, Moses frowned upon mediumship. Little did he realize then that he would soon develop into a medium, one approaching the reputation of Home, producing both physical and mental phenomena. In fact, Home and Moses have gone down in history as the most influential mediums of the first 80 years of the nineteenth century and the two mediums most responsible for the organization of the Society for Psychical Research in 1882.

After serving as a curate on the Isle of Man for some five years, Moses was forced to return to London because of health issues. While convalescing, Moses tutored Charlton Templeman Speer, the son of Dr. and Mrs. Stanhope Speer. Upon recovering, Moses was appointed English Master in University College, London, a position he would hold until 1889.

In Moses's biography, written by Charlton Speer, Charlton stated that Moses and his father frequently discussed religious matters and both were gradually drifting into an unorthodox, almost agnostic, frame of mind. Mrs. Speer had taken an interest in Spiritualism after reading Dale Owen's book, *The Debatable Land*, and persuaded her husband and Moses to attend a séance with Miss Lottie Fowler. During that sitting, on April 2, 1872, Moses received some very evidential information about a friend who had died. His curiosity aroused, Moses attended other séances, including one or more with D. D. Home. Dr. Speer, who had referred to Spiritualism as all "stuff and nonsense" joined Moses in his investigation.

After several months, Moses was convinced that he was indeed communicating with the spirit world, and soon thereafter he began to realize that he was a medium himself. A small circle of friends gathered regularly to observe and record the phenomena coming through Moses. The circle included Dr. and Mrs. Speer, Charlton Speer, a Dr. Thompson, Serjeant Cox, and several others. Occasionally, William Crookes (later Sir William), a distinguished chemist and psychical researcher, would attend the circle.

As reported by Cox, a lawyer, Moses (or the spirits working through him) could, by simply

placing his hands on it, levitate a large mahogany table which otherwise required the strength of two men to move it an inch. The spirits levitated Moses at least three times, on one occasion, raising him on the table and then lifting him from the table to an adjacent sofa.

Other phenomena reported by Charlton, a

professional musician, included a great variety of communicating raps, numerous lights, luminous hands, musical sounds, direct writing (no hand holding the pencil), automatic writing, apports, the passage of matter through matter, the direct voice, and trance voice, the latter including inspirational messages given by various spirits through Moses while in trance. Of the latter, Charlton wrote: "Touching the manner of these addresses, I can only say that they were delivered in a dignified, temperate, clear, and convincing tone, and that though the voice proceeded from the medium, it was always immediately apparent that the personality addressing us was not that of the medium. The voice was different, and the ideas were often not in accordance with



Moses

those held at the time by the medium. An important fact, too, was that although many spirits exercised this power of control, the voice which spoke was always different; and in the case of those spirits which controlled regularly we came to know perfectly well which intelligence was communicating, by the tone of the voice and method of enunciation."

While different spirits came through, the chief communicator called himself Emperor. Mrs. Speer did the recording of the trance messages, but she said it was impossible for her to capture the beauty and refinement of the manifestations or the power and dignity of Emperor's influence. "I, myself, Emperor Servus Dei, am the chief of a band of forty-nine spirits, the presiding and controlling spirit, under whose guidance and direction the others work," Mrs. Speer recorded the words coming through Moses' voice at one of the early sittings. "I come from the seventh sphere to work out the will of the Almighty; and, when my work is complete, I shall return to those spheres of bliss from which none returns again to earth. But this will not be till the medium's work on earth is finished, and his mission on earth exchanged for a wider one in the spheres."

Emperor added that spirits named Rector and Doctor were his immediate assistants, while



Emanuel Swedenborg was one of the 49. He had come, Emperor said, to explain the spirit world, how it is controlled, and the way in which information is conveyed to humans. "Man must judge according to the light of reason that is in him." Emperor voiced through Moses. "That is the ultimate standard, and the progressive soul will receive what the ignorant or prejudiced will reject. God's truth is forced on none."

On March 30, 1873, the spirit messages started coming through Moses' hand by means of automatic writing rather than by trance-speaking. "This method was adopted, Moses was informed, for convenience purposes and so that he could preserve a connected body of teaching. Those teachings were compiled in two books, *Spirit Teachings*, published by Moses in 1883, and *More Spirit Teachings*, collected and published after his death in 1892 by Mrs. Speer. The latter also included some of the trance-speaking discourses coming through Moses.

Moses explained that the written messages varied quite a bit. "As a rule, it was necessary that I should be isolated, and the more passive my mind the more easy was the communication. But I have received these messages under all sorts of conditions. At first they came with difficulty, but soon the mechanical method appeared to be mastered, and page after page was covered with matter of which the specimens contained in this book will enable the public to judge. He further noted that some members of Emperor's band of 49 could not use his hand and had to call upon Rector to act as scribe for them.

Many of the messages conflicted with Moses's beliefs. "It is certain that the mass of ideas conveyed to me were alien to my own opinions, were in the main opposed to my settled convictions, and, moreover, that in several cases information, of which I was assuredly ignorant, clear, precise, and definite in form, susceptible of verification and always exact, was thus conveyed to me," he explained.

Here are some of the trance-speaking teachings as recorded by Mrs. Speer and set forth in the 1892 book:

**Higher Spirits:** "The higher spirits who come to your earth are influences or emanations. They are not what you describe as persons, but emanations from higher spheres. Learn to recognize the impersonality of the higher messages. When we first appeared to this medium he insisted on our identifying ourselves to him. But many influences come through our name. Two or three stages after death spirits lose much of what you regard as individuality and become more like influences. I have now passed to the verge of the spheres from which it is possible to return to you. I can influence without any regard to distance. I am very distant from you now." -- *Imperator*

**Individuality:** "There comes a time when the individuality is dissipated and enlarged, and becomes a centre of influence. The exalted spirit, Emperor, who directs this medium, bathes me in his influence. I do not see him, but he permeates space in which I dwell. I have received his commands and instructions, but I have never seen him. The medium sees a manifestation of him, which is necessary in his case, not mine. The return to earth is a great trial to me. I might compare it to the descent from a pure and sunny atmosphere into a valley where the fog lingers. In the atmosphere of earth I seem completely changed. The old habits of thought awaken, and I seem to breathe a grosser air." – *Elliotson*

**God:** "We would speak of the true conception of God. Not as a personal being, human in His attributes save Omnipotence; not as a glorified humanity; but as the All-Pervading Spirit permeating the universe. Man is now ready to receive a more enlarged conception of God. We present to you a Deity Whose Name, as revealed, is Love. Love, confined within no limits. The notion of a personal Deity was the outcome of that idolatry which once pervaded the human race. To correct these errors is part of our mission. God is no person. He is enthroned in no place, but is all-pervading, ever-existing: guiding and loving all." – *Imperator*

**Orthodoxy:** "The doctrines taught by the Church are faulty. The views that men have entertained of God partake of the medium through which they are filtered. Men have framed theories for themselves which have been crystallised into dogmas and taught as binding obligation. Man's view of his relation to the Creator and of sin are erroneous. Sin, in its essence, is the conscious violation of those eternal laws which make for the advantage of the spirit." – *Elliotson*

**Christ:** "The Spirit of Christ was the highest that could descend to earth and He incarnated Himself in order to regenerate the human race... As in the case of the Buddha, the idea of Christ's divinity did not arise till many years after His death. The prophet was exalted at the expense of the message which He delivered. He never claimed any such position as His followers have assigned Him. He was the mediator between God and man in the truest sense for He was able to make manifest God's Truth to the age in which He lived, and, through it, to succeeding ages... In the Man Christ Jesus the spiritual principle was most fully evoked, and fitly was he called the 'Son of God' in the language of Eastern hyperbole." – *Imperator*

**Apostles:** The 12 apostles were all mediums, and were specially chosen on account of their mediumship, which was developed by association with their Head. Peter, James, and John were most in sympathy with Him. In the same way Moses was

*See IMPERATOR GROUP page 14*



**Waiting to Die: A Near-Death Researcher's (Mostly Humorous) Reflections on His Own Endgame**, by Kenneth Ring, Wheatmark, Tucson, AZ, 2019

In reading the first few chapters of this book at a coffee shop, I resonated with much of what author Kenneth Ring had to say about old age. At 82, I'm just a year behind him and am at the age he was when he wrote the book. In those early chapters, Ring discusses some of the physical challenges of aging. As I departed the coffee shop, I was pondering on Ring's experiences when I noticed a penny on the ground in the parking lot. Until very recently, I would have stooped to pick up the coin, but stooping these days is not all that easy and I passed on the opportunity for unjust enrichment. The fact that it was a very dirty penny may have factored into my decision. As I walked away, I wondered if I would have picked up a dirty dime.

But the primary challenges of aging are not becoming, as Ring puts it, "an old man descending into desuetude," but, as the title suggests, waiting to die. "...in these essays, we are mostly concerned not with aging as such, but with living in the shadow of approaching death," Ring explains his purpose. "Here, too, however, humor in the face of death even especially of imminent death, is perhaps the best way, literally, to have the last laugh."

Ring describes himself as "a typical Jewish professor – wedded to rational thought, committed to science and atheistic in my worldview" before he read Carlos Castaneda's first book, *The Teachings of Don Juan*, in 1971. Experiments with psychedelics further motivated his exploration, and then, in 1977, after reading Dr. Raymond Moody's seminal book in the field, *Life After Life*, he began studying near-death experiences. Several of his books, including *Lessons from the Light*, *Life at Death*, and *Mindsight*, have long been integral parts of my library.

As a result of his 40 years of study in the field, Ring says that he is looking forward to his passage

when the time comes, although he is not looking forward to the dying part of it. "[NDE research] has given us an entirely new understanding of death," he writes, adding that it is really a very old one and is just one line of several "that has made the case for survival of bodily death not only plausible, but almost impossible to deny."

Ring provides some sampling of what various NDErs have told him about their fear of death. In effect, they have no fear. "I'm really not afraid and I used to be scared to death," he quotes one of them. Perhaps the most intriguing and impressive evidence has to do with the blind being able to see during their experiences. Drawing from *Mindsight*, Ring recalls the case of a woman named Vicki who was congenitally blind and was able to see her body below her in the hospital and then rise above the hospital to see buildings and city lights. It was the first time she had any idea what people meant when they referred to colors.

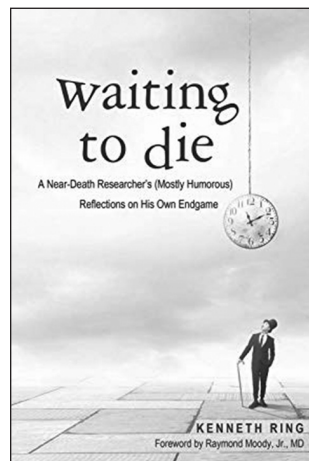
Still, Ring goes on, overcoming the fear of death does not necessarily mean the person does not fear dying. He notes that even Dr. Elisabeth Kubler-Ross, one of the pioneers of death studies, had a very difficult time dying and was very angry at the end.

Not being polarized in my political views, I was disappointed when I reached Ring's essay involving the political arena, as I suspected that his seemingly polarizing views would be a turn-off to perhaps 45 percent of the potential readers. I had decided before reaching this chapter to send a copy of the book to an octogenarian friend recently diagnosed with possible terminal lung cancer. However, I'm pretty sure the friend would toss the book aside upon reading this particular essay. No doubt Ring would justify it as moral and spiritual rather than political, but it is such a fuzzy gray area that I think it detracts from the overall message, at least for some.

But I read on and otherwise appreciated the book. I especially enjoyed reading Ring's commentary regarding several best-selling atheistic novelists and how they view death and the fear of death. He ends the book by saying that his goal is to reach 1000 months of age – 83 1/3 years. I'm not sure of his exact birth date, but I think he just made it.

As I ended the book I had only one question: What would Dr. Ring have done upon seeing the dirty penny?

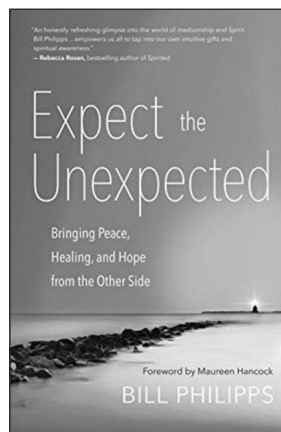
– Michael Tynn





**Expect the Unexpected: Bringing Peace, Healing, and Hope from the Other Side**, by Bill Philipps, New World Library, Novato, CA, 2017, 234 pages

Before reading this book, I had read dozens of book by mediums. Most of them have been informative and intriguing, but they all lacked one thing – a clear explanation as to how the medium was seeing, hearing, or otherwise getting the messages from the Other Side. Most of the authors touched upon it here and there in their books, but I cannot recall one who explained it any detail. Such is not the case with this book. Author Bill Philipps goes into much detail in telling how he sees, hears, or feels communication. “It’s not a black-and-white business,” he writes. “My purpose in connecting a spirit with someone is to relay the signs and messages I receive; but the form in which I receive them varies, and how I interpret them is a fluid process.”



Philipps points out that he meditates before a reading in order to quiet his mind because there is a fine line between his own thoughts and what comes through from the spirit world. However, if he meditates too long, it opens the door for too many spirits to come too soon. Some spirits are over anxious and come through for the wrong sitters, thereby creating much confusion. He liken clairvoyance to playing a game of charades. Sometimes he gets names and other times he doesn’t. A person named Tom may show him a picture of actor Tom Cruise, or may even show him a scene from one of Cruise’s movies. If a spirit worked as a carpenter, Philipps may see a hammer, if an accountant possibly a calculator or tax forms. In one reading, he saw a picture of the late actress Lucille Ball; however, it was not the name of the spirit when in the flesh but rather the person everyone said she resembled. The daughter, sitting with Philipps, understood what her mother was communicating.

In some cases, Philipps gets the names by clairsaudience. There are times when he hears what turns out to have been the spirit’s favorite song. “I cannot see the spirits,” he explains. “...their actual voices cannot be heard. I have to fully trust what they are conveying to me, even if I have a client on the other side of the table [who cannot interpret what I am getting].”

Phillips says that when he gives someone a reading, he is in a “translike” state, tuning everything

else out and focusing completely on the spirits and the client. As the spirits throw information at him, it is “like music passing through a radio signal to a listener.” At times, a person’s skepticism gets in the way. He recall one reading in which the spirit told him he would be 53 years old if he had continued his earth life. The skeptical widow receiving the message was quick to tell him it wasn’t her husband as he would not have been 53 until later in the year.

A resident of Southern California in his early 30s, Philipps had his first encounter with the spirit world at age 14 but didn’t really begin to develop his psychic and mediumistic abilities until some five or six years later. He studied opera at the San Francisco Conservatory of Music and graduated in 2008. He states that he gave readings while attending the conservatory and that helped him understand and develop his psychic-medium abilities. After graduating, he had to decide between having a career in music or as a psychic-medium. He concluded that the latter was his true calling.

Interspersed among the 17 chapters of the book are short stories obtained from people who have had very meaningful readings with Philipps. A woman named Shelly writes that Philipps picked up on her mother’s presence immediately and knew everything about her – her name, how she died, where she lived, the kind of dog she owned, before he came up with a “J” name for someone who had committed suicide. It made no sense to Shelly until she linked it up with her partner’s brother, Jason, who had committed suicide. However, since her mother didn’t know Jason she didn’t make the connection. Philipps pointed out to her that once they are on the other, they know the connections they have with each other in relation to the person getting the reading.

A person named Steve tagged along with his wife to a group sitting with Philipps and was highly skeptical until Philipps brought through his father, describing him as a farmer sitting on a green tractor and giving his mother’s name, Kathy, all correct. The father went on to describe the scene in the hospital before his death, leaving Steve completely dumbfounded.

Phillips says that multiple spirits come through in nearly every reading he gives, often resulting in chaos and confusion. “Not only is it difficult to tune the spirits out, simply because of the noise, but also it’s difficult because I feel some guilt when I do,” he explains. “I have been given this gift and need to use it.” He adds that he tries to do several readings a day, five or six a week, if not more.

Although I struggled a bit with Philipps’s second book (see page 15), I found this book to be a very interesting and informative read.

– Michael Tynn

**Power vs. Force:** (The Hidden Determinants of Human Behavior) by David R. Hawkins, M.D., Ph.D. Hay House Inc., 2014, 416 pages

This book relates the 20-plus years of testing kinesiology, which was first created by Dr. George Goodheart in the second half of the 20<sup>th</sup> century and subsequently refined by Dr. John Diamond in the late '70s into a new discipline he called Behavioral Kinesiology. He discovered that indicator muscles would strengthen or weaken in the presence of positive or negative *emotional and intellectual stimuli*, as well as physical stimuli. A smile will make you test strong. "I hate you" will make you test weak.

Hawkins began his research on the kinesiological response to truth and falsehood in 1975. There were many documented instances of individuals having intimate acquaintance with information experienced firsthand by *remote strangers* as proof that there are forms of shared knowledge other than those achieved by rational consciousness. Thus, one can discriminate truth from false. This required that questions must be phrased so that the answer is very clearly yes or no. Hawkins's research enabled him to apply these principles to a calibrating scale of relative truth by which intellectual positions, statements, or ideologies could be rated into a range of one to one-thousand. The enormous implication of these calibrations was that for the first time in human history ideological validity could be appraised as an innate quality in *any subject*.

Through 20 years of similar calibrations, Hawkins developed a fascinating map of the geography of man's experience, one confirming what mystics and saints have always said about the self, God, and the very nature of reality. The millions of calibrations further disclosed a stratification of levels of power in human affairs, revealing a remarkable distinction between power and force and their respective qualities. Calibrated levels represent powerful attractor Fields *within the domain of consciousness itself* that dominate human existence and therefore define content, meaning, and value, and serve as organizing energies for widespread patterns of human behavior. This book represents only a beginning exploration of the method's potential to enhance our knowledge in all the arts and sciences. Perhaps most important is its promise as an aid in spiritual growth and maturation to the most advanced levels of consciousness, even enlightenment itself.

The discovery that nothing is hidden and truth stands everywhere revealed is the key to enlightenment about

the simplest practical affairs and the destiny of mankind. In the process of examining our everyday lives we can find that all our fears have been based on falsehood. The displacement of the false by the true is the essence of the healing of all things visible and invisible.

The universe holds its breath, as we choose, instant by instant, which pathway to follow, for the universe, the very essence of life itself is highly conscious. Our decisions ripple through the universe of consciousness to affect the lives of all. Everything in the universe is connected with everything else.

The term "spirit" refers to an unseen essence, and although its expression varies from one situation to another, the essence itself never changes. The essence is vital; when we lose our spirit, we die – we expire from lack of that which inspires. Spirit equates with life; the energy of life itself can be termed spirit. True power equals life equals spirit, whereas force equals weakness equals death. When a nation veers from its alignment with the spirit of man, it can become an international criminal.

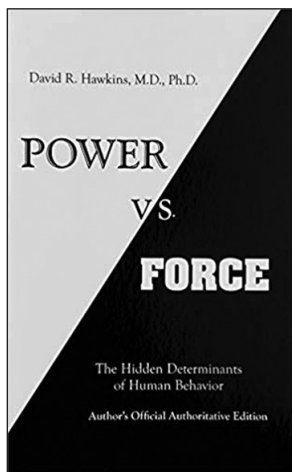
The world's population has an average energy level of human consciousness of 204, with 85 percent of the population below 200. Only 0.4 percent of the population calibrates at 500 or higher. At 600, one in ten million achieves that. Leaders calibrated at 499: Einstein, Freud, Newton and Descartes. The level of Divine Grace calibrates to 1000, the highest level achieved by any person – Lord Krishna, Lord Buddha, and Lord Jesus Christ.

Genius resides within all of us. There is no such thing as luck or accident in this universe. And not only is everything connected to everything else, but no one is excluded from the universe. We are all members. Consciousness is a universal quality.

Kinesiology for the first time exposed the intimate connection between mind and body, revealing that the mind "thinks" with the body itself. Hawkins provides 24 detailed chapters of the effects of Power vs. Force in our lives, many of which involve spirituality and consciousness. He clearly shows that *Mankind lacks the capacity to recognize the difference between good and evil*. Wisdom can be reduced to the simple process of avoiding that which makes your body go weak. Always remember that the energy of a loving thought is enormously more powerful than the energy of a negative one. One of the more notable examples of the body "thinking" involved the negative physical reaction a subject had when given an unmarked sealed envelope containing a picture of Hitler. The opposite occurs when the picture is of Abraham Lincoln.

Hawkins provides a 13-page autobiography at the end of this project. He has led a very gifted psychic life, including what seems to have been a near-death experience in his youth, one in which he experienced a suffusion of light and a presence of infinite love which had no beginning and no end and in which he lost religion and discovered spirituality.

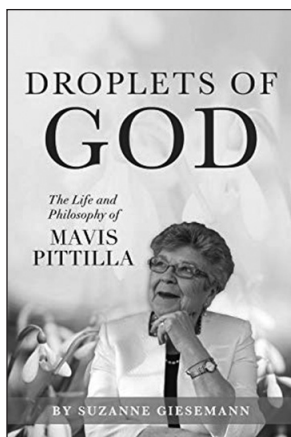
– Paul J. Hauser, J.D.





**Droplets of God: The Life and Philosophy of Mavis Pittilla** by Suzanne Gieseemann, One Mind Books, 2019, 215 pages

Author Suzanne Gieseemann refers to Mavis Pittilla, the subject of this book, as “The Grande Dame of Mediumship in England.” A medium herself, as well as a retired U. S. Navy commander, Gieseemann was one of Pittilla’s students at the Arthur Findlay College of Psychic Sciences, and later spent a week with her in England gathering information for this biography. It begins with Mavis’s youth during the 1940s and her struggles with an overly strict father, one who had been severely wounded during World War II. It continues on through her early years as a cotton mill girl, a marriage that took her to Australia for several years, then back to England and a second marriage. It was in the early years of the second marriage that Pittilla discovered her mediumistic abilities and began developing them, eventually working with renowned British medium Gordon Higginson, becoming a teacher, and gradually rising to that “grande dame” status.



As with so many renowned mediums of the past, Pittilla’s mediumship surfaced during or after battling severe illness, hers being tuberculosis along with slow recovery from a hysterectomy, during her late 20s. While watching television one night, she seemingly “drifted off” and when she awakened her husband, Terry, told her that her face had completely changed, her eyes looking like a “Chinaman’s” and that she began speaking in a Chinese accent, saying that because her doctors had been unable to solve her health problems “they” (apparently her spirit guides) were going to be taking over her care.

“Years later, Mavis would come to understand that what she had experienced was a spontaneous entrancement, made possible by her deep state of relaxation,” Gieseemann explains. Initially, Pittilla developed as a trance medium, being able to objectively see and hear spirits. Not only did the spirits provide evidential information but philosophical teachings as well. After another illness, apparently during her 40s, she lost her objective clairvoyance and clairsentience and assumed that she had lost her ability completely. However, this loss resulted in her developing clairsentience more clearly and, combined with clairvoyance and clairsentience, enhanced her subjective abilities. Although she has never lost her trance abilities, her one-on-one readings and platform demonstrations do not involve the trance state.

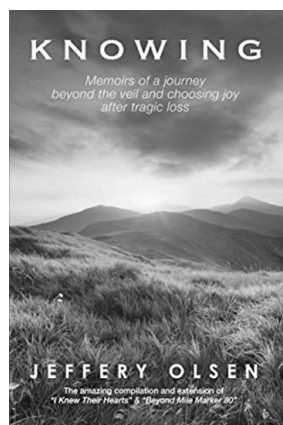
Gieseemann details a number of Pittilla’s evidential readings and experiences, offering the reader much to ponder on.

— Michael Tymn

**Knowing: Memoirs of a journey beyond the veil and choosing joy over tragic loss**, by Jeffery Olsen, Envoy Publishing, Peoria, AZ, 2018, 284 pages

“Life was everything I had ever expected it to be and more,” author Jeffery Olsen writes, going on to say that he had a gorgeous and talented wife, two healthy and handsome sons, and a well-paying career. But all that seemed to come to an end one day in March 1997 when the SUV they were returning home in flipped over and over on a freeway, killing both his wife, Tamara, and youngest son, Griffin. Moreover, Olsen had his left leg amputated above the knee.

As he lay there in his overturned car, he struggled to remain conscious for his other son, but the darkness smothered him. “I was gone from the scene of the accident, which was the most chaotic hell I would ever know,” he recalls, “and had slipped from the nightmare into the quietness of pure nothing. Bright-white light encircled me, which seemed to be energized with pure,



unconditional love. Peace infused this almost tangible light that now surrounded me. I realized then that all the pain was gone.”

Olsen remembers it as “a place of joy,” his senses greatly magnified. He felt the presence of his wife and the power of her soul. He did not experience the “tunnel effect” reported by many near-death experiencers but rather felt that he was in a protective bubble of light, feeling more alive than ever before while making his earthly existence seem like a foggy dream. He goes on to say that while in the ER trauma unit he observed many doctors and nurses and knew every detail about them – their love, their hate, their pain and their secrets.

He remained in the hospital for five months, half of it in intensive care, and required 18 surgeries. After his release from the hospital, he was visited by one of the nurses and was told that she witnessed the form of a woman standing over him shortly after he was hospitalized.

Olsen’s story continues with the challenges he faced in raising his surviving son and then with finding love again. “My heart expanded and divided between the wife I loved and lost and the woman who had miraculously appeared in my life.” In effect, this book is about how a spiritual awakening helps us deal with despair and adversity

— Michael Tymn

## IMPERATOR GROUP

*From page 9*

commanded to choose 70 elders who were gifted with mediumistic power.” – *Imperator*

**Prayer:** The leaders of thought in your world have lost all faith in prayer. At this time it is very necessary; not merely conventional prayer, but a bending of the will, and asking the assistance of higher spirits. Prayer must be the earnest cry of the spirit which knows it can bring a friend to its aid, and not a mere recitation of certain form of words.” – *Philosophus*

**Truth:** “No profession of faith can guarantee the truth of any statement. Creeds are dissipated to the winds when the spirit soars above the earth. Many spirits, with the best of intentions, communicate the most erroneous doctrines as they have not lost the theological fog gathered during earth-lives...If a spirit enables you and leads you to a higher plane of intellectual, moral, or spiritual development, or elevates your affections, then follow it; but, if it drags you down and leads you to that which is earthly, then flee such, for they are of the adversaries, who would burlesque spirit intercourse, and bring it into contempt and derision.” – *The Egyptian*

**Eternal Punishment:** “To ground on texts the doctrine of everlasting punishment is blasphemous and terrible; they are perverted and distorted statements which more or less reflect a modicum of truth. You have in your world the evil and the good. To say that any soul leaves your world fit, either by vicarious atonement or by personal holiness, for the society of the blessed and the Supreme, or fit for the fabled devil and accursed ones, is mere human invention. You cannot roughly divide souls into bad and good, as each soul is in a state of progression, and is not fitted for either of these conditions...There is indeed, a hell in the remorse for what has been lost. Material fire could have no effect save on your material bodies.” – *The Egyptian*

**Undeveloped Spirits:** “These are now the spirits that are dominant. We urge upon you our solemn warning to beware of the adversaries in the near future. There has been a large access of knowledge in your world. This has irritated the adversaries. The conflict raging amongst you is but the reflex of the conflict that is going on with us. A strife is going on in our world on the subject of the suppression of the fact of spirit communication. The more darkness, the better it is for the adversaries.” – *Imperator*

**Auras:** “All material things have an aura around them. Everything has spirit underlying its substance. In the next sphere we are little changed. Animals are also there, as life, once created, never dies.” – *Imperator*

**Communication:** “Those who have passed away from earth very often cannot return, and,

when they are able to do so, they find it difficult to give clear communications. The over-anxiety of the spirits themselves and of their friends on earth produces a kind of repulsion and destroys the rapport.” – *Mentor*

**Negative Influence:** “The lowest spirits, hovering near the earth, are the ones that most frequently manifest at circles, and simulate characters that do not belong to them...If men will put themselves in communication with the spheres under bad conditions, they do it at their peril. Evil influences are admitted, and danger arises. A circle should be composed of pure-minded people – seekers after Truth.” – *Imperator*

**Spirit Influence:** “Spirits need not to see you to influence you. You imagine sight connected with the eyes. We are cognizant of your presence without seeing you. The influence of spirit on spirit is magnetic.” – *Imperator*

**Capital Punishment:** “Under no circumstances should it be allowed. The soul, suddenly severed from the body, is thrown back, and becomes grievously dangerous to humanity. The guardians cannot draw near, and great difficulties are set in the way of its progress....To punish by the withdrawal of what you call life is an act of senseless folly. It is a remnant of an age of blood belonging to the Jewish dispensation. Reform or seclude the criminal, but never kill the body, as you sever from a body spirit that has not fulfilled its time in your sphere of being.”

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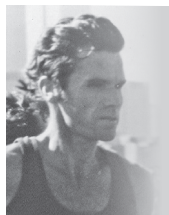
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# Practicing Death

*To practice death is to practice freedom — Michel de Montaigne*

Michael Tymn



## Coincidence or Synchronicity?

If I happened to be thinking about my deceased brother, Dennis, and then came upon a penny on the sidewalk with his birth year on it, I would be amazed and astonished, even flabbergasted, whatever that means, but I would not assume that his spirit somehow read my thoughts and manipulated matter in order to let me know that he was looking in on me. I would accept it as possibly synchronistic (a meaningful coincidence) but most likely a random coincidence. That is not to suggest that I don't believe my brother survives in a larger life, but that my boggle threshold isn't high enough to believe that he is capable of materializing a penny with the year 1941 on it and depositing it in a place for me to find at the very time I am thinking about him.

However, based on the stories in his 2019 book, *Signs from the Other Side*, author Bill Philipps, a psychic medium, would likely see it as a sign from my brother. His book is a collection of such "signs" – seeing a license plate with a loved one's initials and birthdate while grieving his loss; hearing the loved one's favorite song on a car radio just after reminiscing about him; having a certain number associated with a deceased person come up over and over again in different ways, and other strange coincidences and synchronicities.

I had no sooner given up on Philipps's second book when my wife Gina and I decided to watch a Netflix movie, *Five Flights Up*, about an aging couple who were selling their apartment in the Williamsburg section of Brooklyn, New York, because the building had no elevator and they were finding it more difficult to climb the five flights of stairs. The movie brought back memories of my grandfather's fifth floor apartment in the same Williamsburg neighborhood and a visit to him in 1958, when he was my present age. Specifically, I recalled trying to keep up with him in walking up the stairs. I also recalled visiting him in 1949 and racing my brother, Dennis, up those five flights of stairs on several occasions. As he was a few years younger, I'd give him a one-floor head start before

I gave chase. I don't think I had ever recalled those races up the stairs until watching the movie.

When the movie showed a subway scene, I recalled the time Dennis and I took a subway from the Marcy Ave. station in Brooklyn to the Polo Grounds to watch the Brooklyn Dodgers play the New York Giants, and I wondered if kids only 12 and 7 would ride the subway alone these days. Other fleeting memories flashed in my brain during and after the movie.

The following day, I received an email and did not recognize the email address. The subject line read "Childhood Memories

– How times have changed." The message simply read, "Aloha, Dennis" and was followed by a dozen or so photos from the 1940s and '50s. As the only Dennis (other than my brother) who came to mind was my wife's cousin, a former Hawaii resident now living in Ohio, I assumed the email was from him, even though it was not the same email address we had for him. After determining that it was not from my wife's cousin, I sent an email to the mysterious sender and determined that it was an old sportswriter friend from Hawaii, also named Dennis, who now lives in Oregon. I had not heard from him in several years. Since he is not a believer in spiritual or psychic matters, I did not attempt to quiz him on why he thought to send me that particular email at that time.

The possibility that an old friend named Dennis was somehow influenced by my brother Dennis in spirit to send an email to me with the subject line "Childhood Memories" and with pictures from the 1940s and 1950s, within hours of having childhood memories of him from that time period, at the same time being signed simply, "Aloha Dennis," occurred to me, but it is too much of a stretch for me to accept. However, it was enough for me to return to Philipps's book and read it to the end. There were more interesting stories, but I continued to favor coincidence as an explanation for nearly all of them. Apparently, I have to work on tuning in at a deeper level.





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### Ponder on This

"Even the concept of an ideally privileged humanity, highly evolved and happy, is weak in its foundations. This humanity would see its happy life poisoned by the idea of inevitable and approaching annihilation. The thought of death as the end of all would be unendurable to hypersensitive beings unprepared by daily trials for the renunciation of life itself.

"The man of the future, we are told, will travel on a wide and easy road through a dream-country in which everyone of his senses will bring him joy! Vanity! He will but catch a glimpse of that dream-country between the tombs which border the way – tombs of his ancestors, of parents, of dearest friends, sometimes of his children, and straight before him there will be his own, which will gape, great and terrifying, growing larger at every step he takes and hiding the view and the horizon. At every turn and stage of life, in the midst of every joy, his ear will hear the knell – 'Brother, thou must die.'

"In order that the vision may change; that the thought of death may lose its sterilizing character and its apparent curse, the evolutionary idea must receive its natural complement – the teaching of rebirth. Then all becomes clear – the tombs are no longer tombs; they are but transitory harbours after the voyage of life, beds of repose for the closing day."

– *Gustave Geley*

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